

**TMI**

# focus

Vol. XVII, No. 1

A Newsletter Of The Monroe Institute

Winter 1995

## THE UNKNOWN THIRD

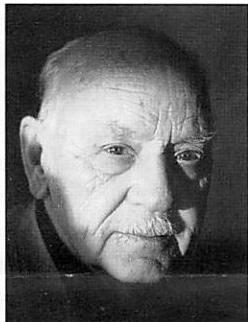
by Robert Monroe

Throughout recorded history, that part of our lives we label sleep has produced much mystique and beliefs but little knowledge as to the how and why of it. Even our contemporary scientific era has made no major discoveries as to the exact structure and nature of this state of being.

What do we know? That we can't do without it. That we lose most of our physical consciousness during the process. That we regain vitality and energy as a result. These have been known for millennia, and science has done no more than verify these basics. Anything else falls in the categories of belief, speculation, and theory—but not knowns.

Dr. William Dement, leading national authority on sleep and director of the Stanford Sleep Center, reports that studies show we humans exhibit over twice as much electrical and biochemical activity during sleep compared to the waking state. He offers no detailed explanation.

However, he did put forth the premise that there are two distinct, separate parts of us. Each of us has a



Day Crew, which handles our physical waking conscious activities—the part we all know well. Then, there is the second, our Night Crew, that takes charge when we sleep. According to Dr. Dement, the two are entirely different. The Night Crew has other rules, methods of communication, and activity that go beyond simple physical body restoration.

The big questions:

1. Do body repairs and maintenance alone account for such massive increase in energy expenditure?
2. Are dreams, ideas, intuition, inspiration, illness, and pain methods the Night Crew uses to communicate with the Day Crew?
3. Are meditation, hypnosis, and other altered states of Day Crew consciousness ways of communicating with and/or penetrating the Night Crew?
4. Is the experiential memory base of the Night Crew limited to that of the Day Crew, or is it far different from this particular life activity?
5. Is Night Crew energy restricted to that generated by physical matter?
6. How is the extra energy generated by the Night Crew?

### COMMENT -

Questions, questions, but few consensus answers no matter how the theory is presented. The basic problem lies in the fact that we have no means of measuring any part of us that is not generated by physical

matter. All we have is statistics.

Take a simple illustration. How many times during a week or year are you sitting by the phone, and you think of calling a special friend—and a few moments later, the phone rings. That person has called you, just on "impulse."

It has taken us many years as an organization to recognize that data is the only real evidence we have in our work, except on rare occasions. Yet, from these, we "know" many amazing items about our Night Crew.

Perhaps sometime, they'll be the same. Day and Night.



## HIGH ADVENTURE

by Darlene R. Miller

The HIGH ADVENTURE program premiered in September to rave reviews from its charter members. The concept of personal freedom to choose from among a large selection of tapes from other Institute programs, and to be able to listen to them any time one chose, appealed to the free-wheeling, adventuresome side of these participants. As one described it, "I like the idea of having a 'custom' program. After all the programs



*Continued on page 4*

# METAMUSIC DEMONSTRATES ITS EFFECTIVENESS A TMI LABORATORY REPORT

by F. Holmes Atwater

METAMUSIC, especially the METAMUSIC ARTIST SERIES, occupies a uniquely versatile position in the hierarchy of Hemi-Sync learning tools. It can assist listeners to relax, meditate, sleep, or access their creative and learning potential. F. Holmes Atwater reports on an encounter with the power of METAMUSIC which was monitored by TMI's state-of-the-art brainmapping equipment.

**E**EG monitoring with the Neurosearch-24 combined with subjective individual reporting and direct observation in the laboratory at The Monroe Institute has demonstrated the effectiveness of the *METAMUSIC ARTIST SERIES* tapes. The Neurosearch-24 is an EEG monitoring and color topographic brainmapping system which provides multivariate real-time data acquisition and analysis. Laura Wulffhorst, an *INNER CIRCLE* member, volunteered as a subject and supported our ongoing research efforts by being monitored with the Neurosearch-24 while listening to *Sleeping through the Rain*, one of several titles available in the ARTIST series.

The *METAMUSIC ARTIST* tapes are all thirty-minute compositions embedded with Hemi-Sync tones to provide the listener with musically guided experiences. Each is a unique adventure for one who truly "hears the music." Some themes are story lines, while others evoke emotions and feel-

ings usually obscured by preoccupation with mundane, temporal states of consciousness.

*Sleeping through the Rain* segues between two states of consciousness. The delta/theta state of impressions, images, and feelings crossfades repeatedly into the delta state of sleep and back again. The transition between wakefulness and sleep occurs several times, concluding with delta sleep. Mark Certo, TMI audio engineer, describes the process: "*Sleeping through the Rain* varies from delta/theta to delta, exposing you initially to prolonged periods of delta/theta Hemi-Sync frequencies followed by shorter periods of delta

and beta brain waves prevailed in both the left and right hemispheres, exemplifying alertness. The Linear Channel Combination (LCC) electrode montage revealed the overall activity of both the left and right cerebral hemispheres (Fig. 1).

As *Sleeping through the Rain* entered the delta/theta sequence, Laura's brain waves showed evidence of entrainment to the delta/theta state of impressions, images, and feelings. This delta/theta activity quickly eclipsed the previous alpha and beta activity. Some interhemispheric synchrony was also evident (Fig. 2).

This Frequency Following Response (FFR) to the Hemi-Sync stimulus was later corroborated by Laura's subjective report. When the sound patterns segued into the sleep portion for the first time, Laura's brain waves did not initially reflect the delta environment. On the second crossfade into that milieu, she acquiesced to the *METAMUSIC* influence. Even though Laura did not remember falling asleep during those periods, the data indicated a predominance of high amplitude delta. Her

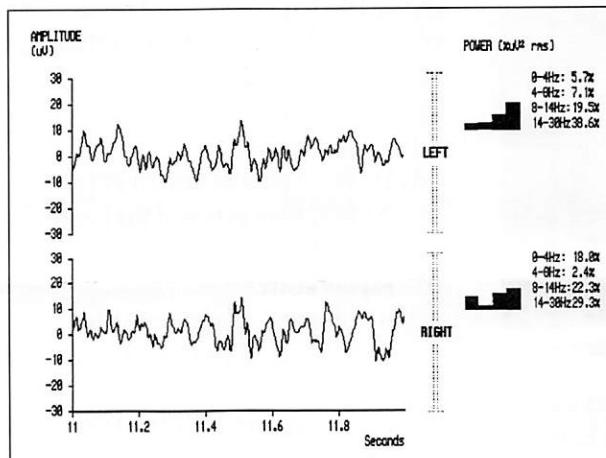


Fig. 1

Hemi-Sync frequencies. As the music continues, the length of the delta exposure extends in concert with the sleepy melody. As the sound of the rain eventually passes, sleep beckons the listener."

When Laura Wulffhorst arrived for her appointment, she commented that she was really "wired." All of her travel plans had been altered at the last minute, she had missed plane connections, and her luggage was lost. She didn't feel "anxious" or "worried" but she was certainly "hyper-activated." Once in the laboratory isolation booth, brainwave patterns mirrored her wide awake state of consciousness. Alpha

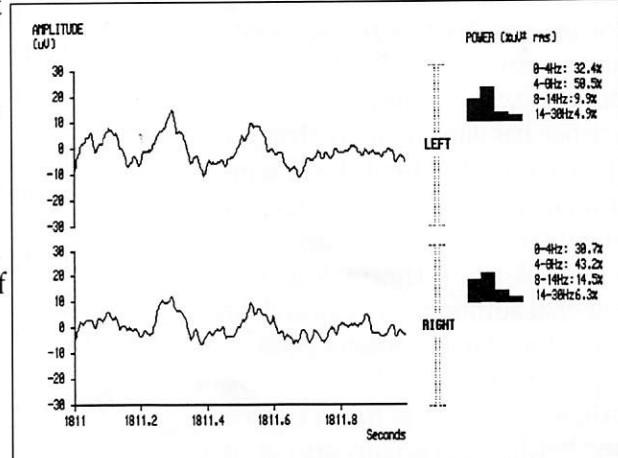


Fig. 2

respirations and light snoring also evidenced periods of restful sleep. The interhemispheric synchrony of delta waves during these portions of *Sleep-*

*Sleeping through the Rain* overshadowed the slightly asynchronous higher frequency activity (Fig. 3). Dream content during these segments could not be confirmed since she could not remember falling asleep.

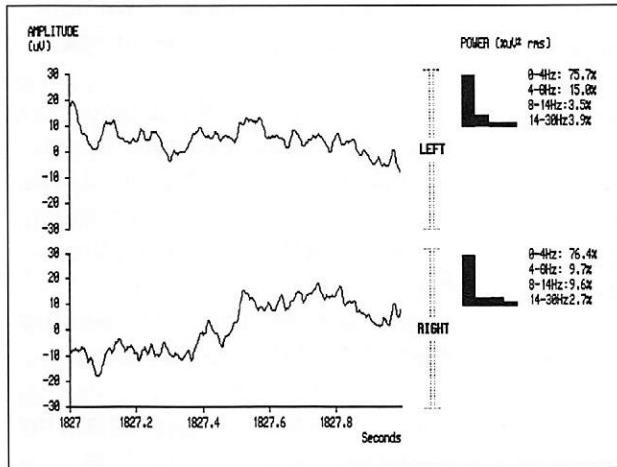


Fig. 3

While being assisted from the experimental booth, Laura remarked that at times the music seemed to take hold of her and let her go, only to recapture her and release her once again. During an interview several days later, she described her feelings after *Sleeping through the Rain* as "put together" and "balanced." She had attained "a calmness" and felt

"clear of mind." Overall, Laura characterized the experience as "pleasurable." She continued, "When not listening to the notes in the music my thoughts were in free association."

Later she added, "I could hear myself snoring from time to time but never felt as if I was unconscious. I especially enjoyed the perception of the raindrops in the music." In conclusion Laura simply said, "I bought the tape. I had to have it!"

*METAMUSIC* creates a unique ambience for each listener. Vividness of imagination and cooperation with the theme intensify the experience. The same

*METAMUSIC* selection can be enjoyed repeatedly, encountering different perceptual states each time according to one's focus. We offer our sincere appreciation to Laura Wulhorst for her participation in this laboratory investigation. [Sleeping through the Rain is also available on CD with Inner Journey.]

## GOING HOME

by Darlene R. Miller

Since its release in May, the *GOING HOME* series has been steadily purchased by individuals for private use and is being introduced into hospices, nursing homes, and hospital settings. At present, approximately twenty-two hospice groups around the country are in the process of familiarizing their staff members with the series, in the hope of eventually incorporating it into their work with dying patients.

Reports of the effectiveness of the *GOING HOME* tapes are beginning to come in, and, as usual, our members have been creative in adapting the series to the idiosyncratic needs of their own particular situations. For example, one *LIFELINE* graduate, whose dying mother spoke only French, translated the *Relocation Theme* script (found in the back of the instruction manual) into French and made a tape of her own voice for her mother to listen to. She reports that her mother had a very peaceful transition and that everyone in the family was helped by this process. She herself also listened to the *Messages in 21* tape in the *Support Group* album and felt she was able to communicate with her mother in this way and that she received many messages of love and reassurance from her. She commented that working with the series was very powerful for her personally—that her strong feeling of "I am not alone" was very comforting and helpful.

Another *LIFELINE* graduate used the tapes with her dying father who, toward the end of his illness, had become quite agitated and difficult to manage. She said that when the very first tape was played for him, she could see him relax immediately and become more comfortable. In his last days, when he was

## EMERGENCY SERIES RESEARCH PROGRESSES

by Arthur Gladman, MD

Vivid personal testimony such as Gari Carter's and anecdotal reports from many others repeatedly demonstrate the worth of the Emergency Series. Until now, there has been no rigorous, structured investigation of this phenomenon.



*Professional and Board of Advisors Member Arthur Gladman, MD, learned what a difference the tapes could make during his second back surgery. [See "Results of Emergency Treatment Tapes Used in Back Surgery" by Robert Roalfe, MD, BREAKTHROUGH, June 1986.] This inspired Art to initiate the current research project at the University of California at Davis.*

Robert Monroe developed the *Emergency Series* of six tapes for use before, during, and after surgery in 1977. Since that time, I have had a number of opportunities to recommend the tapes to friends and patients all over the United States. In every instance, there were reports of absence of anesthetic hangover

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*Continued on page 4*

## HIGH ADVENTURE

*Continued from page 1*

I have attended, it will be nice to pick and choose the 'experiences' I wish to target for my own personal growth." Another participant said at the beginning of the six-day intensive, "I have always wanted to do *GUIDELINES* and re-do *LIFELINE*, and this allows me to do both plus review some favorite tapes."

In order to take advantage of the enhancement effects of the group energy, the first full day of the program was spent with the entire group listening to and debriefing resets of Focuses 10, 12, 15, and 21 together. Each morning the group listened to a common tape and shared in group discussion. For the remainder of the day, participants chose tapes according to their own individual preferences. Evening entertainment included talks with Robert Monroe, sunset walks, movies, and a bonfire for toasting marshmallows, and most participants elected to do at least one or two additional tapes before going to sleep for the night. Participants averaged twenty optional tapes for the week, although one self-described tape junkie listened to thirty-two

tapes on his own. Some of their comments follow:

- "I loved the flexibility blended with the group tapes everyday, and the chance to do whatever felt good."
- "The 'medium structure' aspect was helpful in moving toward group energy. The ability to personally control tapes in the unit was excellent, as I partially rewound tapes several times in order to aid a session that was still evolving as Bob started counting down."
- "Absolutely wonderful staff—helpful, friendly, funny, tolerant, welcoming. TMI feels like a homecoming to me each time."
- "Freedom to do any tape I wanted and good advice on the contents of tapes I did not remember or had not heard."

This charter group also offered many good suggestions for making *HIGH ADVENTURE* even better, which will be implemented into future programs. Enrollment is limited to twenty persons per session. So if a "homecoming" to TMI for a week of freedom and self-direction appeals to your sense of adventure, check the program schedule in this issue and call Helen Warring soon at (804) 361-1252.

## GOING HOME

*Continued from page 3*

moving in and out of lucidity, the tapes were on almost twenty-four hours a day. This was because when he became lucid, if a tape was not on, he would request that one be played.

A *GATEWAY* graduate reports that circumstances in the hospital did not allow her to play the *GOING HOME* tapes for her elderly mother, but she read the words from the *Relocation Theme* to her. Her mother was very moved and soothed when she did this. As for her own reactions to *GOING HOME*, she states: "It's an awesome program for the living. We can live our lives relative to how we feel about death, and can live so much more fully if we can deal with our fears."

[In future issues, we will continue to update you on *GOING HOME*, and we encourage those who are using it to write or call Darlene Miller with reports on their personal experiences.]

## CREATIVE CORNER

Here are some gifts born of a Hemi-Sync state of mind to brighten your New Year!

### GATEWAY

Count slowly from one to ten,  
Then you'll be ready to begin  
The little trip from tens to twelves  
Where you'll meet some clever elves.  
They'll help you travel to fifteen  
Where you'll see things you've never seen!  
If you think that's lots of fun,  
Then make the leap to twenty-one.  
This little map may help you go  
Past "I believe" into "I know."

Rocio & Hank Moss  
Christmas '93

I am the song  
that sings itself  
Creating ephemeral forms  
which rise as glittering  
jewels of dreamer's dreams  
of self.  
Increasing harmony  
without beginning or end.  
Dancing waves which,  
knowing no shore,  
arise and fall  
in the bosom of the  
sea itself.  
The very heartbeat of life  
and its silence.

Dharma Raja  
*LIFELINE*, October 1994

**EMERGENCY**

*Continued from page 3*

effects, little or no pain, and early discharge from the hospital. In other words, the tapes facilitated rapid recovery.

After my personal experience using the tapes for surgery on my back in 1984, my anesthesiologist, Dr. Robert Roalfe, continued to use them with great success at Merritt Hospital in Oakland, California. Although the results were most encouraging, no detailed follow-up was possible. After several failed attempts at setting up a research project, I contacted Dr. Hank Bennett at the University of California at Davis who had done considerable research in the field of anesthesiology.

In the fall of 1993, Dr. Bennett was in the process of developing a long-term program in which various audio-tapes would be used during surgery, and he was happy to include the

*Emergency Series.* The project was instituted in October 1993 and will continue at least until fall 1995. Two hundred patients will experience the Monroe tapes, which will also be compared to the other sets of tapes. So far, over two hundred operations have been completed with tape support. No results have been officially tabulated as yet, but patient comments continue to be very positive.

The many observations made on each patient include a brief preoperative psychological survey, careful intra-operative observations on the patient's condition, and records of several aspects of the postoperative course. New factors are being considered as the project moves along. It's likely that this study will lead to publication of the research results in several of the major medical journals. Every physician involved in surgery should know of this important resource.



## **SEASONS GREETINGS & HAPPY NEW YEAR**

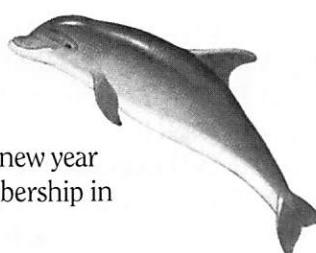
Wishes for the warmest joys of the season and a new year of promise and realized dreams. We value your membership in the growing TMI worldwide community.



## **OOPS!**

We'd like to correct date information in SHILOH RETRIEVAL by Micki Hawes, TMI FOCUS, Winter 1994. The third paragraph in column three should read: "The contact had been made at The Monroe Institute on April 29, 1993."

George Stevens died in April 29, 1862—same date 131 years earlier and was reburied at Shiloh National Cemetery, Grave M-2806."



## **VOYAGERS INTERNET MAILING LIST**

The VOYAGERS mailing list was established October 11, 1994, for all those using Hemi-Sync to venture into the realms of their own consciousness. This mailing list is for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. The mailing list address is: [voyagers@monroe-inst.com](mailto:voyagers@monroe-inst.com). To subscribe, send a request with "subscribe" in the subject to: [voyagers-request@monroe.inst.com](mailto:voyagers-request@monroe.inst.com). There will be a delay for verification before you are added.

If you have access to the Worldwide Web, try the Institute's www server at: <http://www.monroe-inst.com/>. Our official E-MAIL address is:

[MonroeInst@AOL.com](mailto:MonroeInst@AOL.com). Of course, you may still call (804) 361-1600, the 24-HOUR INFORMATION LINE, to hear prerecorded voice messages, to receive information by FAX, or to leave a voice mail message.



## **QUARTERLY TAPE METAMUSIC ARTIST SAMPLER III**

We're celebrating the New Year by expanding the *METAMUSIC ARTIST SERIES*. Five diverse musical themes express all the colors of the audio palette. Immerse yourself in *Midnight*'s light jazz rhythms, soar with the sounds of an aboriginal flute in *Winds over the World*, explore the Focus 27 theme with *Higher*, dive *Into the Deep* of transformational meditation, or contemplate *Portraits*—classical favorites with a '90s twist. You'll meet three new artists and two familiar favorites. *Into the Deep* is by Matthew Sigmon and Julie Anderson, creators of *Sleeping through the Rain*, while *Portraits* reflects the artistry of Lightfall, composers of *Prisms*. Side 1 combines music with descriptive narration. Side 2 is music only, in the same sequence. Listen, enjoy, and choose the perfect accompaniment for a 1995 filled with hope and promise.



## THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1995

### GATEWAY VOYAGE

January 14-20  
February 4-10  
March 4-10  
April 1-7  
April 22-28  
May 13-19  
June 3-9  
June 24-30  
July 8-14  
August 5-11  
September 9-15  
September 30-October 6  
October 21-27

### GUIDELINES II

(A Graduate Program)  
January 21-27  
April 8-14  
June 10-16  
August 12-18  
October 28-November 3

### HIGH ADVENTURE

March 18-24  
June 17-23  
October 7-13

### LIFELINE

(A Graduate Program)  
February 11-17  
March 11-17  
April 29-May 5  
July 15-21  
August 19-25  
September 16-22

### PROFESSIONAL SEMINAR

July 22-28

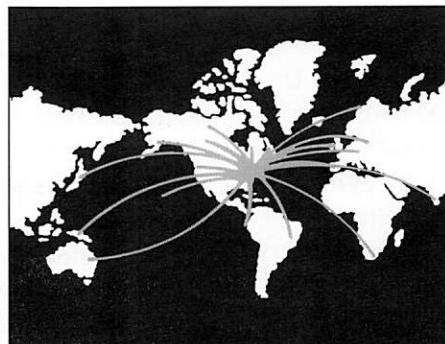
Editor: Shirley Bliley

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938-9749. Telephone (804) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

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## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.*



### Appearances

An "Informal Evening with Ed Carter" took place at the Stelle Community, in Stelle, Illinois, on Saturday, May 7, 1994. Stelle's purpose is preparedness with the aim of helping worthy values survive a global emergency. Author and *INNER CIRCLE* member Ed Carter's views on this subject (as expressed in his book, *Living Is Forever*) excited keen interest. [From Insights, The Newsletter of HRPC.]

On October 24-27, 1994, Ray Waldkoetter, EdD, Professional and Board of Advisors Member, spoke at the International Military Training Association Conference in Rotterdam, Holland. His topic was "A Method for Estimating Army Battle Casualties and Predicting Personnel Replacements."

### Books

The following titles are available from Interstate Industries, Inc.  
*Healing Myself*, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)  
*Living Is Forever*, by J. Edwin Carter (\$9.95, softcover, Hampton Roads Publishing Company, Inc.)  
*Mind Trek*, by Joseph McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)

*ULTIMATE JOURNEY*, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)

*Using the Whole Brain*, edited by Ronald Russell (\$14.95, softcover, Hampton Roads Publishing Company, Inc.)

The following titles are available from your local bookstore.

*Beyond the Light: What Isn't Being Said about the Near-Death Experience*, by P. M. H. Atwater (\$16.95, hardcover, Birch Lane Press). This meticulously researched volume by near-death survivor, Phyllis Atwater, lists The Monroe Institute and its programs as a resource for those dealing with spiritual emergence.  
*Transformative Adventures, Vacations & Retreats*, by John Benson (New Millennium Publishing), furnishes descriptions of TMI's residential programs for those seeking a getaway geared to the inner landscape. [Thanks to Jerry Schatz for this clip tip.]

### Book Reviews

*Mind Trek*, by Joe McMoneagle, was reviewed in *Brain/Mind*, August 1994. Robert Monroe's *Journeys Out of the Body* was cited as pivotal to Joe's understanding of his first two life-changing near-death experiences.

### Interviews

"The Out-of-Body Experience—An Interview with Robert A. Monroe" by Calvin Winston appeared in *New Frontier, Magazine of Transformation*, November/December 1994. Bob discussed his initial experiences and the origin of Hemi-Sync and TMI with particular emphasis on *LIFELINE*, *GOING HOME*, and the different overview expressed in *Ultimate Journey*.

**Lynching People**

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA	HENDERSONVILLE, NC
HALIFAX, NS	Joe Gallenberger (704) 693-4721
Tom Tasse (902) 477-5790	HORSHAM, PA Chris Carey (215) 653-0479
TORONTO, ONT	INDIANAPOLIS, IN Shawn Casey (317) 852-7727
Blair Swanson (416) 469-3549	JACKSON, WY Tim Bradley (307) 733-0907
VANCOUVER, BC	LAKE CITY, SC Jacqueline Simanek (803) 394-8281
Carol Biernat (604) 261-2840	LAMBERTVILLE, MI Eileen Tucker (313) 856-5251
EUROPE	MT. JULIET, TN Art and Jan Flint (615) 758-4072
THIMISTER, BELGIUM	NEW YORK, NY Ross Jacobs (212) 929-0661
Patrick Bartholome (32) (87) 44-70-70	Al Svadichuto (212) 228-3298
SCOTLAND	PLAYA DEL REY, CA Marge Decuire (310) 822-8080
FIFE	PORRTLAND, OR Clayton Morgan (503) 236-1705
Robert and Penelope Gibson (0337) 30767	Bill Oakes (503) 288-5305 (w)
NEW GALLOWAY	SILVER CITY, NM Marion Light Ray (505) 388-5782
Jill and Ronald Russell 06442 357 (phone/fax)	PETALUMA, CA Hildegard Minstein (707) 763-7537
U.S.A.	TEMPE, AZ Marcie A. Katler (602) 968-3021
ARLINGTON, VA	TOLEDO, OH Eileen Tucker (313) 856-5251
Mark Gemmell (703) 522-8663	TULSA, OK Bruce W. Freeman (918) 445-0040
BETHESDA, MD	
Helene N. Guttman (301) 656-8980	
BUTTE, MT	
Leo McCarthy (406) 494-3567	
DAVIDSON, NC	
Norma Atherton (704) 892-7000	
ENGLEWOOD, CO	
Daniel K. Meyer	
Kimberly Miller (303) 740-8053	
FREEPORT, ME	
Joe Harrington (207) 865-6286	
FINESVILLE, NJ	
Pete Ennes (908) 995-9493	

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The trainers listed in the Hemi-Sync *OUTREACH* section also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

**Magazines**

*EQUUS #205*, November 1994, 17th Anniversary Issue. "Mood Music For Hyper Horses," synopsizing Dr. Helene Guttman's successful experimentation with Hemi-Sync as a calming influence on horses, appeared in the *ROUNDUP* section.

**Newsletters**

*Insights, The Newsletter of Hampton Roads Publishing Company*, October 1994, drew attention once again to *Healing Myself* by Gari Carter, *Using the Whole Brain*, edited by Ronald Russell, and *Living Is Forever*, by *INNER CIRCLE* member Ed Carter. *Healing Myself* was seriously considered as a *Reader's Digest* condensed book, while *Using the Whole Brain* and *Living Is Forever* are in their second and third printings respectively.

**Newspapers**

*Daily News-Record*, Harrisonburg, VA, July 17, 1994. "In 'Healing Myself,' Carter Explores Route from Traumatic Injury to Recovery" by Staff Writer Donna Murphy gave concise, fast-paced coverage of Gari's story and

emphasized the role of the *Emergency Treatment Series*.

*The Free Lance-Star*, Fredericksburg, VA, July 23, 1994. "After the crash: Triumph of Spirit" by Marilyn Holasek Lloyd was a dramatic and insightful account of Gari Carter's spiritual metamorphosis as a result of her accident and the part Hemi-Sync played.

*Wall Street Journal*, September 20, 1994. "Research Institute Shows People a Way Out of Their Bodies" by Staff Reporter and *GATEWAY VOYAGE* participant, Bob Ortega, described the Institute's work with primary focus on the out-of-body aspects and implications.

*Woodstock Times*, July 14, 1994. Debra Bresnan's article, "Astral Sax" told how master saxman Hugh Brodie spontaneously astral-projected during an intense practice session. He found the terminology to describe that experience in *Journeys Out of the Body*. Brodie is quoted as saying he intends to visit TMI when he has enough time to really dig in. [Thanks to J. Morales for this clip tip.]



## HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are common-

place during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, mainte-

nance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, contact one of the *OUTREACH* Trainers listed below.

### OUTREACH Trainers

#### U.S.A.

ALBUQUERQUE, NM  
Ralph & Karen Luciani  
(505) 298-5338

BIRMINGHAM, AL  
Nelson Marchant  
(205) 595-3811

BOULDER, CO  
Patricia Leva  
(303) 543-9986

COLUMBIA, SC  
Jacqueline Simanek  
(803) 750-9207

#### COLUMBUS, OH

Thomas E. King  
(614) 421-7147

#### FABER, VA

Suzanne Evans Morris  
(804) 361-2214

#### FITCHBURG, MA

Beatrice Niemi  
(508) 345-5964

#### GLOUCESTER, MA

John H. Gray  
(508) 281-4431

#### HILLSBOROUGH, NC

Lee Stone  
(919) 644-6773

#### LAKE CITY, SC

Jacqueline Simanek  
(803) 394-8281

#### LUDY DALE, NY

Chery Olga Williams  
(716) 595-3927

#### EAST LUDY DALE, NY

EAX (716) 595-2625

#### LONDON, KY

Pauline Johnson  
(606) 878-1907

#### LUTZ, FL

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